

Healthy Living Newsletter

Berry Delicious and Nutritious

July is National Berry Month! Not only are berries nature's candy, they also provide many health benefits. Many studies have been conducted that show the benefits of consuming berries.

According to one study done by Harvard researchers, eating one cup of berries a day can help *lower the risk of Type 2 diabetes, reduce the risk of heart attack and boost learning and memory.*

Berries contain antioxidants, which help rid the body of harmful free radicals and inflammation. They also contain anthocyanins which have been shown to help with weight loss and brain health.

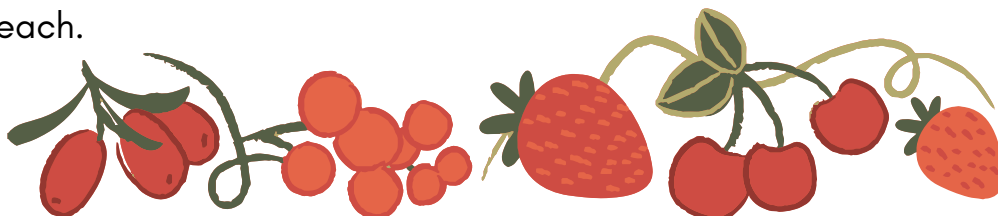
Eating a wide range of berries in different colors helps your body to receive the benefits of each.

Berries also provide these nutrients: potassium, magnesium, vitamins C and K, fiber, and prebiotics—carbohydrates that help promote a healthy gut. All great nutrients to help your body be healthy!

Blueberries, blackberries, strawberries, raspberries, cherries, and goji berries can all easily be added into your diet while also adding nutritional benefits.

This Summer, try a berry salad mixed with all your favorite berries, fresh chopped mint, a sprinkle of lemon juice and sugar for a tasty and nutritionally powerful treat.

Try adding berries to your oatmeal, smoothie, or even a salad.



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ENJOY THIS ISSUE

Feel free to share this newsletter with anyone who may find it useful.

QUESTIONS, COMMENTS, IDEAS

Email:

arockwoodevoacolorado.

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Call: 720-264-3354

Keep It Cool While Staying Active

Staying active in hot weather, especially for older adults, requires careful attention to prevent heat-related illnesses. Here are some tips for keeping cool while staying active:

1. Hydration is Key

- Drink Plenty of Water: Keep hydrated by drinking water throughout the day, even if you don't feel thirsty.
- Electrolyte Balance: Consider drinks that replenish electrolytes. Avoid caffeinated and alcoholic beverages as they can dehydrate you.

2. Water-Based Activities

- Swimming: A great way to stay active without overheating. Water exercises like aqua aerobics are gentle on the joints and keep you cool.

3. Timing Your Activities

- Early Morning Workouts: The coolest time of the day is typically early morning. Plan outdoor activities during these hours.

4. Wear Cooling Accessories

- Damp Towel or Cooling Scarf: Wrap a damp towel or cooling scarf around your neck.
- Lightweight, Breathable Clothing: Wear loose-fitting, light-colored, and moisture-wicking fabrics.

5. Adjust Intensity Levels

- Dial Down the Intensity: Reduce the intensity of your workout. Opt for activities like gentle yoga, tai chi, or leisurely walks.

6. Monitor Your Body

- Watch for Signs of Overheating: Watch for dizziness, nausea, excessive sweating, or a rapid pulse. If these occur, stop activity immediately, seek shade, and hydrate.

By incorporating these strategies, you can maintain an active lifestyle safely and comfortably even during hot weather.

Want to start moving more but not sure where to begin?

Would you like these benefits for **FREE**?

1. Free hand weights
2. Free exercise instruction
3. Free nutrition counseling from a Registered Dietitian
4. Free weekly motivational calls

Healthy Moves Exercise Program

In the comfort, privacy, and safety of your own home, this evidence-based exercise program is designed specifically for people 60 years or more, with one or more chronic health conditions.

Only available to clients living in: Denver, Arapahoe, Jefferson, Adams and Douglas counties.

Contact **Amanda Webb** for more information.
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Summer Sunshine: Boost Your Vitamin D!



Did you know that Denver gets over 300 days of sunshine a year? And as we enter into the summer months, we are guaranteed to catch some rays. One of the wonderful benefits of sunlight is its ability to increase our vitamin D levels.

The National Institute on Health found in a survey that 44% of elderly women and 26% of elderly men have very severe vitamin D deficiency. As we age, the risk for vitamin D deficiency increases due to changes in diet, medications, reduced sunlight exposure and reduced intestinal absorption. To combat deficiency, the Institute of Medicine recommends regular summer sunshine exposure, without sunscreen, for 15 min 3-4 times weekly in the middle of the day to generate adequate amounts of vitamin D.

Vitamin D is important for our health since it does so many amazing things for our body!

- Balances the levels of calcium and phosphorus in our bones
- Helps nerves carry messages between the brain
- Supports the immune system

We can also get vitamin D from food sources including milk, fortified plant milks, fortified orange juice, fatty fish, egg yolk and mushrooms.

Follow the recipe below and use fortified coconut milk to add a boost of vitamin D to your day!



Pina Colada Smoothie



Ingredients

- 1/2 cup coconut milk
- 1/4 cup vanilla greek yogurt
- 1 frozen banana
- 1 cup frozen pineapple chunks
- 1 tbsp honey (optional)

Instructions

1. Place all ingredients in a blender for 2-3 minutes or until desired texture is achieved
2. To make the smoothie thinner add additional milk, to make it thicker add a few ice cubes

The Volunteers of America is a national, non-profit, faith-based human service organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. Our administrative offices are located at 2660 Larimer Street, Denver CO, 80205. To speak to someone about our programs or volunteering opportunities you may email us at info@voacolorado.org or call 303-297-0408. To keep up with our news and activities, follow us on Facebook, Twitter, and *Instagram*.

The Nutrition Services Division is funded in part by the Denver Regional Council of Governments Area Agency on Aging

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WORDSEARCH

K	U	U	P	I	F	O	H	C	H	Y	T	I	G	C
P	U	A	C	H	P	I	F	C	P	P	O	L	R	U
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Words:

- Strawberry
- Cherry
- Goji berry
- Hummingbird
- Bumblebee
- Prebiotic
- Vitamin C
- Antioxidant
- Picnic
- Sunscreen
- Hydration
- Firework
- Grill
- Parade

Food Safety Tip



From the USDA: Keep It Cool. Pack coolers with ice bags, gel packs or frozen water bottles. Use an appliance thermometer to monitor that food stays chilled at 40 F or below.